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**Internet Safety Training**

The Utah Education Network/NetSafe Utah Project can help Utah’s K-12 schools/districts comply with the CIPA Order to educate minors about appropriate online behavior, including interacting with other individuals on social networking websites and in chat rooms and cyber-bullying awareness and response (Page 16 of FCC Report and Order released August 11, 2011)

The implication for Utah’s E-rate eligible entities is that Utah’s K-12 schools have in place an “Internet Safety Training” plan by July 1, 2012 to educate Internet users prior to using the Internet at a school. This means that all minor users have been given (or received) a presentation, a lesson, or similar type of instruction on Internet Safety.

The NetSafe Utah Project has produced a number of resources that Utah’s K-12 schools can use free of charge, as follows:

# Request a Free NetSafe Presentation

**http://www.netsafeutah.org/educators/training/index.html**

At no cost to your school we would be glad to have our professional staff present to your students, faculty, and/or parents on topics that you may feel need to be addressed regarding the Internet or related technology safety. The format can be a student assembly, faculty meeting, back-to-school event, parent/teacher event or whatever works best for you at your school. The amount of time can vary depending on your needs. Please take advantage of this opportunity and schedule a professional presentation on an important topic that can help those who attend your school and/or live in your community to learn more about Internet Safety.

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| **Presentation Options**:   * 30 minutes for K-3 grades * 30 minutes for 4-6 grades * 45 minutes for 7-12 grades | **Events**:   * White/Red Ribbon Week * Fair (e.g., Health, Safety, etc.) * Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

# Download a Free NetSafe Presentation

[**http://www.netsafeutah.org/trainers/trainers\_toolkit.html**](http://www.netsafeutah.org/trainers/trainers_toolkit.html)

If you want to do a presentation yourself, then go to this web site and download the appropriate files so that you can present the Internet safety content to students, teachers, and/or parents.

**Health Education Lesson Plans - Tied to Utah’s Core on Internet Safety**

**http://www.netsafeutah.org/educators/school\_resources.htm**

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| **Grades 7-8**   * Cyber-Bullying: What To Do * Appropriate Use of Technology * [Cell Phone Safety](http://www.uen.org/Lessonplan/preview.cgi?LPid=24664) * [Online Risks of Sharing your Personal Information](http://www.uen.org/Lessonplan/preview.cgi?LPid=24666) * [Potential Internet Addictions](http://www.uen.org/Lessonplan/preview.cgi?LPid=24674) * [Violence in the Media](http://www.uen.org/Lessonplan/preview.cgi?LPid=24667) | **Grades 9-12**   * [Being Good Digital Citizens with Today's Technologies](http://www.uen.org/Lessonplan/preview.cgi?LPid=24659) * [Being Good Digital Citizens... Project](http://www.uen.org/Lessonplan/preview.cgi?LPid=24673) * [Cyber-Bullying Tee Activity](http://www.uen.org/Lessonplan/preview.cgi?LPid=24876) * [Internet Behaviors and their Consequences](http://www.uen.org/Lessonplan/preview.cgi?LPid=24653) * [The Dangers of and Ways to be Safer Online](http://www.uen.org/Lessonplan/preview.cgi?LPid=24867) |

These are lesson plans that were purposefully created to tie to Utah’s core curriculum on Internet safety.

**Animated NetSafe Videos**

**http://www.netsafeutah.org/trainers/trainers-videos.html**

**For Parents, Teachers, and Administrators**

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| **Information about NetSafe Utah** (2 min 40 sec) Closed Captioning NetSafeUtah.org is a great solution to help you learn about Internet safety. There are many parent resources like: ways to keep your kids safer online, video clips on relevant topics such as cell phones and photos, and information on how to protect your computer. | [View Video](http://eq.uen.org/emedia/items/ceb0f137-3041-4b52-843b-3d9e5911dfec/1/UEN15-fc-02_qt-high_QTCC.mp4&captions.file=/caption_files/uen1-final_high_Out.xml&plugins=captions-1&captions.state=false&autostart=true) |

**Grades K-3 Videos**

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| **What is the Internet?** (2 min 23 sec) Closed Captioning The Internet is big! There are good and bad things on the Internet, just like a neighborhood. This video explains what the Internet is and how to stay in the "good neighborhoods" on the Internet. | [View Video](http://eq.uen.org/emedia/items/0b77d543-e0ba-4d79-e710-fff71e5c2a80/1/uen1-final_high_QTCC.mp4&captions.file=/caption_files/uen1-final_high_Out.xml&plugins=captions-1&captions.state=false&autostart=true) |
| **What is Personal Information?** (2 min 22 sec) Closed Captioning Personal information identifies who we are, where we live, and how family, friends and others can find us. Personal information can help us communicate with others but we have to be careful with that information when on the computer. | [View Video](http://eq.uen.org/emedia/items/c90d746d-cf5c-a7db-d95e-338bc493a9cb/1/uen2-final_high_QTCC.mp4&captions.file=/caption_files/uen2-final_Out.xml&plugins=captions-1&captions.state=false&autostart=true) |
| **Be Kind Online** (1 min 57 sec) Closed Captioning How do we act when we are on the Internet? Here are some good manners when we are on the Internet. Use good words, not rude or bad words. Be patient with others. Sometimes others are beginners and are just learning how to use the Internet. | [View Video](http://eq.uen.org/emedia/items/672796eb-1ba4-5f35-bc69-9fab854bd74e/1/uen4-final_high_QTCC.mp4&captions.file=/caption_files/uen4-final_high_Out.xml&plugins=captions-1&captions.state=false&autostart=true) |
| **Tell an Adult** (2 min 02 sec) Closed Captioning Sometimes we see something on the Internet that makes us feel uncomfortable. This can happen when we are playing a game on the Internet or perhaps even talking to someone on the phone. When this happens we need to tell an adult we trust. | [View Video](http://eq.uen.org/emedia/items/48d6aa51-8bd5-85d4-998e-d03c161fef2a/1/uen3-final_high_QTCC.mp4&captions.file=/caption_files/uen3-final_high_Out.xml&plugins=captions-1&captions.state=false&autostart=true) |

**Grades 4-6 Videos**

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| **Cyber Bullies are No Fun** (2 min 19 sec) Closed Captioning Cyber bullying is where one or more children target another through technology such as the Internet, cell phones, or other devices to threaten, harass, or embarrass another child. If someone is being a bully on the Internet be sure to report it to someone you trust. | [View Video](http://eq.uen.org/emedia/items/f9def275-e58b-e27b-36e4-c464f980b51e/1/uen5-final-02_high_QTCC.mp4&captions.file=/caption_files/uen5-final-02_Out.xml&plugins=captions-1&captions.state=false&autostart=true) |
| **What is Personal Information?** (2 min 41 sec) Closed Captioning Personal information identifies who we are, where we live, and how family, friends and others can find us to talk to us or come over and visit us. We need to be careful about who we give out our personal information. | [View Video](http://eq.uen.org/emedia/items/8b92e276-5fd9-4b3c-b1b5-b02dba77ecdc/1/UEN6-fc-03_high_QTCC.mp4&captions.file=/caption_files/UEN6-fc-03_high_Out.xml&plugins=captions-1&captions.state=false&autostart=true) |
| **Online "Friends"** (2 min 12 sec) Closed Captioning You know your friends in your neighborhood or at school because you see them almost every day. On the Internet there are places where you sometimes meet people you don’t know. Stick with what is real, only accept online “friends” you know in real life. | [View Video](http://eq.uen.org/emedia/items/b01fdd48-d39a-4f87-b07d-87200ef66de3/1/UEN7-fc-03_high.mp4&captions.file=/caption_files/UEN7-fc-03_high_Out.xml&plugins=captions-1&captions.state=false&autostart=true) |
| **Talk to an Adult You Trust** (2 min 16 sec) Closed Captioning Sometimes we see something on the Internet that makes us feel uncomfortable. This can happen when we are playing a game on the Internet or someone sends you a bad picture on your cell phone. When something like this happens tell an adult we trust. | [View Video](http://eq.uen.org/emedia/items/972413c7-764c-4434-ac2e-2164ff327f08/1/UEN8-fc-02_high.mp4&captions.file=/caption_files/UEN8-fc-02_high_Out.xml&plugins=captions-1&captions.state=false&autostart=true) |
| **Posting Pictures Online** (2 min 24 sec) Closed Captioning Posting a picture on the Internet only takes a second, but can last a lifetime. A photo is forever on the Internet. It is easy for someone to copy and paste a photo from one web site to another. Once a picture is posted it is virtually impossible to get it back. | [View Video](http://eq.uen.org/emedia/items/9b25c8e7-deea-4b7c-b3ef-5f9b90d447e8/1/UEN9-fc-03_high.mp4&captions.file=/caption_files/UEN9-fc-03_Out.xml&plugins=captions-1&captions.state=false&autostart=true) |

**Grades 7-12 Videos**

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| **Cyber-Bullying** (2 min 32 sec) Cyber-Bullying is where one or more children target another through technology such as the Internet, cell phones, or other devices to threaten, harass, or embarrass another child. Cyber-bullying goes beyond just bullying because it can follow you home. | [View Video](http://eq.uen.org/emedia/items/900924f1-f778-4fb2-ae3d-16bd4c8a25f4/1/UEN10-fc-02_high.mp4) |
| **Protect Your Personal Information** (2 min 33 sec) Personal information identifies who we are, where we live, and how family, friends and others can find us. Sometimes people can use our personal information to trick us so we need to be careful who will give this personal information to. | [View Video](http://eq.uen.org/emedia/items/bbfc1b4d-e90d-4956-be1c-8c84e65f018d/1/UEN11-fc-02_qt-high.mp4) |
| **Stick With Your Real Friends!** (2 min 18 sec) You know your friends in your neighborhood or at school. On the Internet there are places where you sometimes meet people you don’t know. What’s the difference between these persons you have only met online and those you know at school? | [View Video](http://eq.uen.org/emedia/items/fd1d0cde-8508-40b0-a7f7-5182c764f93c/1/UEN12-fc-01_qt-high.mp4) |
| **Trusted Adults Can Help You** (2 min 20 sec) Sometimes we see something on the Internet that makes us feel uncomfortable. When this happens you need to tell an adult you trust. An adult you trust might be your parents, older brother or sister, teacher, school counselor, or principal. | [View Video](http://eq.uen.org/emedia/items/1d5c019c-5001-467c-b291-fa614f327ca4/1/UEN13-fc-03_qt-high.mp4) |
| **Posting Pictures Online** (2 min 23 sec) Posting a picture only takes a second, but can last forever. A photo is forever on the Internet because it can easily be copied. It can be added from one website to another. Also, a picture can be easily edited using Photoshop. | [View Video](http://eq.uen.org/emedia/items/fc6aaf3b-cd47-492a-a150-15cf23132fe3/1/UEN14-fc-02_qt-high.mp4) |
| **Distracted Driving** (2 min 28 sec) When you drive distracted, you're dangerous, and in many places, you're breaking the law. So even though it's tempting, please put down that phone, think about the dangers to you and others, and just drive. | [View Video](http://eq.uen.org/emedia/items/63513b5c-1789-492c-96fa-7fff96d064ce/1/DD-large-V4_iPhone.mp4) |
| **Public Network Safety** (2 min 26 sec) Think of an open Wi-Fi network as a big fish tank with lots of data swimming around. And there's no way to know if a big shark is lurking, waiting to make a meal out of your personal information, such as your email address, pictures, or anything else on your computer. Luckily, there are simple ways to protect yourself. | [View Video](http://eq.uen.org/emedia/items/74811d33-9894-4696-9610-c5a827a71a18/1/UEN-NetSafe-Public_Network_Safety_high.mp4) |

**Animated NetSafe Videos – Now Translated into 10 languages**

**http://www.netsafeutah.org/trainers/trainers-videos.html (available by October 31)**

The ten languages include:

1. Arabic
2. Bosnian
3. Burmese
4. Chinese
5. Korean
6. Navajo
7. Tongan
8. Spanish
9. Somali
10. Vietnamese



The example above is from “Episode #4: Be Kind Online” in Spanish.

For more information about NetSafe Utah, contact:

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